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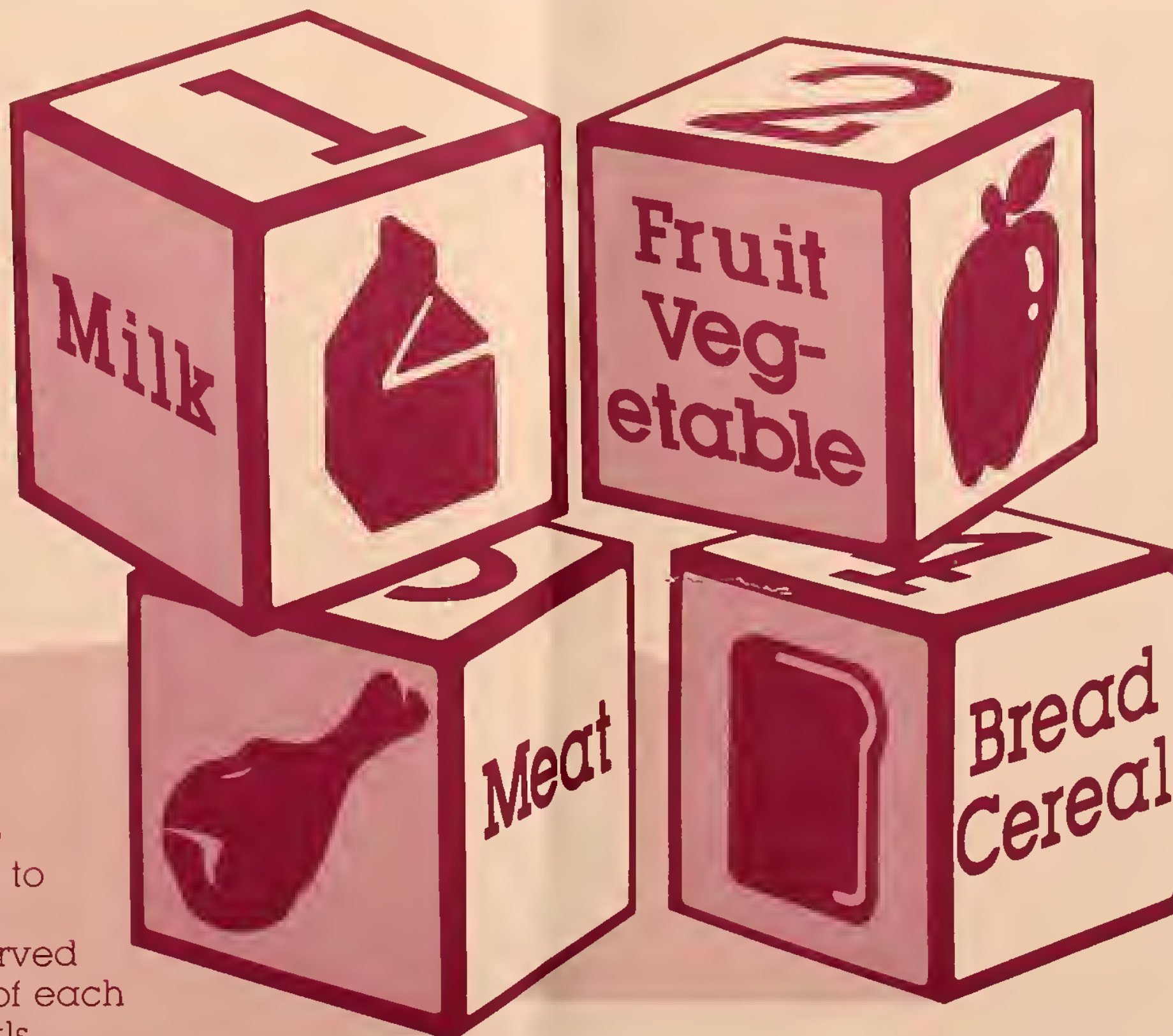
# FOOD CHART: Child Care Food Program

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NEW RPT SL. REV. REV.  
REFER FNS PRICE NS

For required serving amounts  
for infants up to age 1 year  
refer to your handbooks or to  
program regulations

Reg-2129

		AGE 1 and 2	AGE 3 through 5	AGE 6 through 12
<b>BREAKFAST</b>	Fluid Milk	1/2 cup	3/4 cup	1 cup
	Juice or Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
	Bread or Bread Alternate	1/2 slice*	1/2 slice*	1 slice*
<b>SNACK</b> (Supplement) Select 2 out of 4 components	Fluid Milk	1/2 cup	1/2 cup	1 cup
	Juice or Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
	Meat or Meat Alternate	1/2 ounce**	1/2 ounce**	1 ounce**
	Bread or Bread Alternate	1/2 slice*	1/2 slice*	1 slice*
<b>LUNCH/ SUPPER</b>	Fluid Milk	1/2 cup	3/4 cup	1 cup
	Meat or Poultry or Fish or	1 ounce	1 1/2 ounces	2 ounces
	Cheese or	1 ounce	1 1/2 ounces	2 ounces
	Egg or	1	1	1
	Cooked Dry Beans and Peas or	1/4 cup	3/8 cup	1/2 cup
	Peanut Butter or other			
	Nut or Seed Butters or	2 tablespoons	3 tablespoons	4 tablespoons
	Nuts and/or Seeds	1/2 ounce***	3/4 ounce***	1 ounce***
	Vegetable and/or Fruit (2 or more)	1/4 cup total	1/2 cup total	3/4 cup total
	Bread or Bread Alternate	1/2 slice*	1/2 slice*	1 slice*



## Points to Remember

- Keep menu records
- Count meals served to enrolled children and to program adults
- Each child must be served the required amount of each food group at all meals
- Use full-strength juice

\*or an equivalent serving of an acceptable bread alternate such as corn-bread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour, or a serving of whole-grain or enriched cereal, or a serving of cooked enriched or whole-grain rice or macaroni or other pasta product.

\*\* Yogurt may be used as a meat/meat alternate in the snack only. You may serve 4 ounces (weight) or 1/2 cup (volume) of plain or sweetened and flavored yogurt to fulfill the equivalent of 1 ounce of the meat/meat alternate component. For younger children, 2 ounces (weight) or 1/4 cup (volume) may fulfill the equivalent of 1/2 ounce of the meat/meat alternate requirement.

\*\*\* No more than 1 ounce of nuts and/or seeds may be served in any one meal.

CAUTION: Children under the age of 5 years are at the highest risk of choking. USDA recommends that nuts and/or seeds be served ground or finely chopped in a prepared food.

The Child Care Food Program is open to all eligible children regardless of race, color, national origin, sex, age, or handicap. Any person who believes he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

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